

Common Tests

Drop Arm Test

The arm is placed passively in 90 degree of shoulder abduction. In a complete tear of the rotator cuff, the arm will slowly descend in spite of strong deltoid action. This can be considered a positive drop arm test.

Drawer's Sign

The knee is flexed to a 90-degree angle; at the femoral-tibial junction, if the tibia can be drawn to far forward there is a rupture of the anterior ligaments and if it can be drawn back too far back there is a rupture of the posterior ligaments.

Finkelstein Test

This test is considered positive when the thumb is clenched firmly within the fist and then the wrist is forced into ulnar deviation producing pain.

Hawkins Impingement Sign

The test is considered positive when the examiner forcibly internally rotates the 90-degree forward flexed arm, impinging the rotator cuff against the coracoacromial ligament.

Lachman's Test

An anterior drawer test for cases of severe knee injury, performed at 20-degree flexion.

McMurray's Sign

Occurrence of a cartilage click during manipulation of the knee, indicative of meniscal injury.

Median Nerve Compression Test

This test is performed by placing the thumb over the carpal tunnel, apply pressure for 30 seconds. The test is considered positive if paresthesia or numbness occurs in median nerve distribution. It is a useful test in patients that cannot flex the wrist.

Neer Impingement Sign

The examiner stabilizes the scapula with one hand and with the other grasps the patient's elbow and passively elevates it fully with the arm in full

internal rotation. The test is considered positive when pain is produced by the greater tuberosity impinging the rotator cuff against the acromium.

Phalen Test

This test is performed by flexion of the wrist. Numbness or paresthesia occur within 60 seconds is diagnostic of carpal tunnel syndrome.

Speeds Test

Speeds Test is done with elbow extended and the forearm supinated. Forward flexion of the arm is resisted. Pain at the proximal portion of the long head of the biceps in the bicipital groove indicates a positive test for the bicipital tendonitis, which is recognized as a component of impingement syndrome.

Spurling Sign

The neck is stressed in lateral flexion and rotation with some compression to elicit pain. Positioning the neck in this manner causes encroachment on cervical nerve roots as they exit the neural foramina; it also stresses the facet joints.

Tinel's Sign

This sign is elicited by direct median nerve percussion just proximal to volar aspect of the wrist. The nerve is tapped lightly from proximal to distal watching for paresthesia in the median nerve distribution indicating a positive test.

Valsalva Maneuver

Forcible exhalation effort against a closed glottis; the resultant increase in intrathoracic pressure interferes with venous return to the heart. Forcible exhalation effort against occluded nostrils and a closed mouth the increased pressure in the eustachian tube and middle ear causes tympanic membrane to move outward.